Lighten up with Cobb salad

Just wrap it up and take it to go PAGE 16

NOTHING TO HIDE

CNN ANCHOR ANDERSON COOPER COMES OUT TO THE WORLD IN AN INTERNET POST: 'THE FACT IS, I'M GAY' PAGE 11

VANCOUVER metro®

Tuesday, July 3, 2012

News worth sharing.

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Review follows one last hike in carbon tax

Environment. NDP critic argues more can be done with proceeds

Canada Day celebrations may have been dampened at B.C. pumps on Sunday as the carbon tax went up a penny, potentially pinching seven cents more a litre in fuel.

The price hike was the final instalment of a four-year program intended to reduce greenhouse-gas emissions. The tax now comes under review.

The Liberals are still calling B.C. a leader in the battle against climate change, but NDP environment critic Rob Fleming said Monday the scope is too restrictive.

"There is a concern that our rank has slipped," Fleming said. "The tax went up Sunday, the same day as Australia introduced a nationwide carbon tax that targets big polluters."

He said the program in B.C. has lost sight of its 2008 intentions and is geared toward helping big businesses.

"I think it has no green agenda anymore and it is more of policy vacuum," Fleming said.

"The carbon tax will continue to underperform so long as the Liberals refuse to link it to green infrastructure and in particular transit."

The B.C. government reported that $500 million has been returned to taxpayers to reduce personal income and business taxes. The review will focus on how food industries are coping in competitive markets.

While the debate continues on whether the province can reach its goal to reduce emissions 33 per cent by 2020, Fleming said the carbon tax is a good idea but needs more tangible solutions.

"It's not taking the proceeds from the tax and giving us more low-carbon choices in our daily lives," he said.

CHELSEA ALTICE/FOR METRO

Kid comes first for Katie

Holmes trying to stack deck in her favour as she seeks sole custody of daughter in divorce from Tom Cruise PAGE 12

What it takes to be the best

The many factors that separate Olympians from the rest of the pack PAGE 13

Aid workers set free

Four people, including two Canadians, had been taken by gunmen in Kenya PAGE 6

WELCOME HOME

Jason Garrison celebrates after scoring a goal as a member of the Panthers in Sunrise, Fla., on March 23. The White Rock native signed a six-year contract with the Vancouver Canucks on Sunday. Story, page 17. J. PAT CARTER/THE ASSOCIATED PRESS

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WHY IS PUBLIC EDUCATION UNDER ATTACK?

TEACHERS FORCED TO ACCEPT MANDATED NET ZERO (NOT EVEN COST OF LIVING)

GOVERNMENT STILL LEGISLATING TEACHER CONTACT STRIPS (BILLS 22, 36, AND...?)

Governments's NEW Negotiating Mandate For BC TEACHERS FOR 2012-2014 is COOPERATIVE GAINS.

IF TEACHERS COOPERATE BY AGREEING TO SERVICE RE-DESIGNS?

THEN GOVERNMENT GAINS A SIGNED CONTRACT

Governments's NEW Negotiating Mandate For COMMUNITY LIVING BC EXECUTIVES? PAY RAISES, With No Loss Of Benefits!

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langleylec.blogspot.com www.surreyteachers.org www.burnabyteachers.com

TML:USW2009:LEU#35

Didn't find a balance

Government fires school board

A school board in Cowichan Valley has been expelled after not passing a balanced budget.

The province's education minister, George Abbott, fired the board for district 79 after it failed to produce balanced figures by Saturday's deadline, instead opting to pass a restorative budget with a $3.77-million shortfall. THE CANADIAN PRESS

Aiming for funding

5-4

The board passed the budget five votes to four as part of what some members said is an aim to bring the district's funding back up to pre-2001 levels.

Canada Day

B-day celebrated without a hitch

The Vancouver Police Department had a relatively quiet Canada Day. Out of the tens of thousands of people celebrating downtown, police say just four people were arrested for public intoxication and officers were involved in 133 liquor pour-outs (down from 140 in 2011). METRO

Tentative deal

Teachers' dispute finally over

The labour dispute between B.C.'s public-school teachers and the province has ended after teachers voted Friday to accept the tentative deal reached earlier in the week.

The two sides reached an agreement after a school year marred by a three-day walkout and teachers' decision to withdraw a list of voluntary duties. THE CANADIAN PRESS

Steam Clock catches up with the times

Got a second?
A timekeeper must make minor adjustment to the Gastown timepiece to make it on par with Global Coordinated Time

KYLE FARQUHARSON
vancouver@metronews.ca

The celebrated Gastown Steam Clock is one of millions of timepieces worldwide that underwent an adjustment over the weekend.

Timekeepers added a single second to the Global Coordinated Time Saturday, which may seem inconsequential — but even the blink of an eye is vital for those in digital and communications industries, says Burnaby clockmaker Raymond L. Saunders, who designed Vancouver's steam clock.

"The Earth is actually slowing down slightly," obliging horologists worldwide to shift clocks by one second, explains Saunders, 78, who is responsible for adjusting many of his own timepieces.

However, nature is far greater job-security insurance than minute alterations to the GCT could ever be, he points out.

For example, "heat and cold change the pace of the Gastown Steam Clock," notes Saunders, and can slow or accelerate the steam-powered chroniker by a minute or more over the course of several weeks.

Saunders' regular route includes Water Street's landmark ticker, the clock tower at city hall and various other installations around the Lower Mainland.

He is presently designing prominent timepieces for Australia and South Korea, for which he plans to delegate the task of time adjustment.

For more local news visit metronews.ca/vancouver

Horologist Raymond L. Saunders adjusts the pendulum of Gastown's signature steam clock Monday, a task he performs at least once a month.
KYLE FARQUHARSON/FOR METRO

Fraser River advisory. B.C. flood threats dwindling

After weeks of flood worries, British Columbians living along the Fraser River can breathe a sigh of relief as water levels continue to recede.

The B.C. River Forecast Centre rescinded its "high streamflow advisory" for the lower parts of the river Monday morning.

"With an improvement of weather and declining snowmelt rates, flows from the major tributaries to the lower Fraser River (Fraser river upstream of Prince George and the Thompson River) are dropping," a release from the forecasting centre read.

Water flows in the lower parts of the river are also expected to continue to recede through the week and to remain "below levels of concern."

River levels in Hope have declined, while the Mission gauge dropped to 5.97 metres Monday from peak levels of 6.25 metres on Sunday.

Water levels in the Shuswap Lake are also dropping by one to two centimetres a day.

Historic river levels

Dikes along the Fraser River are generally between nine and 11 metres in height. Here are some historic river levels.

- 1894: 8.9 metres
- 1948: 8.2 metres
- 1972: 7.1 metres
- The highest level on Sunday was 6.25 metres.

"With rainfall over the region over the weekend, and the potential for more rain over the next (day or so), lake levels are expected to slow the rate of drop, and there is potential that the lake level will hold steady over the next one or three days," the release said.

According to the River Forecast Centre, rain is expected in the Upper Fraser watershed over the next few days and in areas of the South Thompson drainage.

PHYLICIA TORREVILLAS/METRO

1 NEWS

Cast your vote

Don't sweat it: A case for 'Made in Canada'

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but to thrive: A "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Mobile news

Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

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Q&A. Singer My Name is Kay dishes on life in the spotlight

Kay Boutilier a.k.a. My Name Is Kay. PHYLICIA TORREVILLAS/METRO

New-on-the-scene Canadian singer-songwriter My Name Is Kay (real name: Kay Boutilier) talks to Metro during her brief stop in Vancouver:

How was it working with Far East Movement, for the song Flossy, and Cobra Starship, for #1Nite?
They're some of the nicest guys I've ever worked with. They're gentlemen. They're so nice, funny and hard-working. I can't say anything bad about any of them. Those guys deserve all the success that they've had. They're extremely talented. Being on their album is huge for me as a new artist. It's a gift so I'm happy about it.

Can you describe your brand of music?
It's pop music, for sure. But I'm really influenced by other genres. I love hip hop and very pop music. I also love dance music. That's where I came from, and a lot of people don't realize that. That's where I started off and it's kind of in my blood.

Can you give our readers a sneak peek of your music video for your latest single?
I just shot a video last week for Strangers that's on the radio right now, and that'll be out in a couple of weeks. And this time I got full control to be able to change my hairstyle like five times during the video. I'm really excited about that because people know that's something that's really important to me.

You seem pretty attached to your hair?
The hair's been kind of my thing. I don't like people touching it. I'm a little weird about it and, you know, I'm a girly girl. I have a weird cowlick. I like to do a bunch of stuff with my hair. It's been doing something strange since I was a kid.

PHYLICIA TORREVILLAS/METRO

A day for Canadians, new and old

Sherrie Mejilla, centre, born in Guam and raised in Seattle, Wash., looks on before taking the oath of citizenship during a special Canada Day citizenship ceremony for 60 people in Vancouver on Sunday. The public ceremony was one of many Canada Day festivities in the city as tens of thousands of people celebrated the nation's 145th birthday. DARRYL DYCK/THE CANADIAN PRESS

BCGEU strike

Job action closes three liquor stores

Three B.C. Liquor stores are out of commission — on East Broadway in Vancouver, in Victoria, and in Kamloops — as the B.C. Government Employees Union began job action Tuesday.

For now, union representatives say service will continue at all other locations in the province.

The BCGEU voted to strike late last month, citing a dearth of wage increases as a key grievance.

"Our members have not had a wage increase in more than three years. Inflation has eroded their spending power by more than five per cent over that time," said BCGEU president Darryl Walker.

Union executives advocate increases to the BC Liquor Control Board's revenue by expanding services to Sunday. However, B.C. Finance Minister Kevin Falcon said the overall benefit of such a move would be puny compared to wage increases the BCGEU's members are seeking.

KYLE FARQUHARSON/FOR METRO

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U.S. East Coast still reeling

Storm aftermath.
After suffering through sweltering weekend, millions must cope with transportation delays, difficulties

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another challenge when many embarked on a difficult commute over roads with darkened stoplights and mass-transit delays.

To alleviate congestion around Baltimore and Washington, federal and state officials gave many workers the option of staying home Monday. Federal agencies were open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in hard-hit Montgomery County outside the nation's capital, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischlar said. "There's going to be delays." THE ASSOCIATED PRESS

U.S. Postal Service letter carrier Giovanny Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather that hit the U.S. mid-Atlantic region on Friday has been blamed for at least 17 deaths, most from trees falling on homes and cars. EVAN VUCCI/THE ASSOCIATED PRESS

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Floods ravage India's northeast

A family rows past their house in India's Assam state after monsoons left much of the area deeply flooded. ANUPAM NATH/THE ASSOCIATED PRESS

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around 2 million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital. The rest of the two million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over the past four days. Most of them were swept away when the mighty Brahmaputra River overflowed its banks and flooded villages. Sixteen people were buried in landslides triggered by the rains.

At least 11 people were missing in six districts, the state disaster management agency said in its bulletin.

Air force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts.

Army soldiers used boats to rescue villagers from rooftops of flooded homes.
THE ASSOCIATED PRESS

Syria

Exiled opposition urged to unite

The head of the Arab League urged Syria's exiled opposition to unite Monday, saying they must overcome their differences as Western efforts to force President Bashar Assad from power all but collapse.

But more than one year into the Syrian revolt, the opposition is still hobbled by the infighting and fractiousness that have prevented the movement from gaining the kind of political traction it needs to present a credible alternative to Assad.
THE ASSOCIATED PRESS

Timbuktu

Muslim fanatics destroying city

Muslim extremists continued destroying the heritage of the ancient Malian city of Timbuktu on Monday, razing tombs and attacking the gate of a 600-year-old mosque, despite growing international outcry.

The International Criminal Court has described the destruction of the city's patrimony as a possible war crime, while UNESCO's committee on world heritage was holding a special session this week to address the pillaging of the site.
THE ASSOCIATED PRESS

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Released aid workers Qurat-Ul-Ain Sadazai, 38, a Quebec citizen of Pakistani origin, Glenn Costes of the Philippines, 40, Steven Dennis of Toronto, 37, and Astrid Sehl of Norway, 33, arrive in Nairobi, Kenya, Monday. SAYYID AZIM/THE ASSOCIATED PRESS

Kidnapped aid workers rescued by Somali militia

Ambushed. Norwegian Refugee Council workers' convoy was attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's sprawling Dadaab refugee camp.

Sadazai and Dennis, along with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnappers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia.

THE ASSOCIATED PRESS

Bad decision?

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.
- "Convoys which have these armed escorts ... (are) more likely to be attacked by roadside bombs," said an NRC spokesman.

Dismemberment case

Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source tells the Associated Press the remains appear to be a human head.

Magnotta is accused of the murder and dismemberment of Concordia University student Jun Lin. He has pleaded not guilty and has opted for a trial in front of a jury.

Lin's torso was discovered stuffed in a suitcase behind Magnotta's apartment building in late May. His hands and feet were mailed to political parties in Ottawa and two B.C. schools.

His head has still not been found.

Montreal Police spokeswoman Anie Lemieux says tests will be run on the remains to determine if they are in fact body parts and whether they're related to the Magnotta case.

"For the time being it is still too early to confirm anything," Lemieux said.

Montreal's Major Crime Squad cordoned off parts of the Angrignon Park in the city's west end after the discovery was made following a tip on Sunday.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

‘God particle’ almost certainly exists: Scientists

Higgs boson particle. Scientists to present evidence Wednesday that the particle that might explain the underpinnings of the universe is real

Scientists believe the “God particle” is real and they are about to present their evidence to the world.

Working at the world’s biggest atom smasher on the Swiss-French border, they plan to announce Wednesday that they have gathered enough evidence to show that the long-sought “God particle” answering fundamental questions about the universe almost certainly does exist.

But after decades of work and billions of dollars spent, researchers at the European Organization for Nuclear Research, or CERN, aren’t quite ready to say they’ve “discovered” the particle.

The discovery of the Higgs boson won’t change people’s lives, but will help explain how the universe works.

It would confirm the standard model of physics that explains why fundamental particles have mass. Those particles are the building blocks of the universe. Mass is a trait that combines with gravity to give an object weight. The phrase “God particle,” coined by Nobel Prize-winning physicist Leon Lederman, is used by laymen as an explanation for how the wonders of the subatomic universe work than how it all started.

Experts familiar with the research at CERN’s vast complex say that the massive data they have obtained will essentially show the footprint of the key particle known as the Higgs boson — all but proving it exists — but doesn’t allow them to say it has actually been glimpsed.

Two teams of physicists present their work July 4.

The Higgs boson has until now been a concept intended to explain a riddle.

How were the subatomic particles, such as electrons, protons and neutrons, themselves formed? What gives them their mass?

THE ASSOCIATED PRESS

Quoted

“Particle physicists have a very high standard for what it takes to be a discovery.”

Rob Roser, who leads the search for the Higgs boson in Chicago, said he thinks this is a hair’s breadth away. “You see the footprints and the shadow of the object, but you don’t actually see it.”

This wall painting shows what a Higgs boson might look like. It’s at the CERN site near Geneva. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

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Pope. Benedict fires Slovak bishop, more proactive now in axing wayward prelates

The Pope fired a 52-year-old Slovak bishop on Monday for apparently mismanaging his diocese in a rare show of papal power over his bishops.

Usually when bishops run into trouble — either for alleged moral lapses or management problems — they are persuaded by the Vatican to resign. But Pope Benedict XVI has become increasingly willing to forcibly remove bishops who refuse to step down, sacking three others in the last year alone.

His willingness to do so raises questions about whether he would take the same measures against bishops who covered up for sexually abusive priests. So far he has not.

In the most notable case to date, Benedict fired Bishop William Morris of Toowoomba, Australia, last year after he called for the church to consider ordaining women and married men.

THE ASSOCIATED PRESS

Double standard?

“They will remove, using their canon laws and their own protocols, bishops, priests ... but when it comes to sexual misconduct, they never use those same standards.”

Jeffrey Anderson, who is seeking to hold the Holy See liable for a case of an abusive priest in Oregon

Prince Charles 60 years a duke

Prince Charles looks at postcards on sale during a visit to Heartlands Community Regeneration Project in Truro, southwest England, on Monday. The Prince of Wales is celebrating 60 years as the Duke of Cornwall. CHRIS JACKSON/THE ASSOCIATED PRESS

Necrotizing fasciitis

Flesh-eating disease victim seeks graduation

An American woman with a rare, flesh-eating disease left hospital Monday after nearly two months and headed to an inpatient rehabilitation clinic.

There she’ll learn to move after having her left leg, right foot and both hands amputated.

Aimee Copeland, 24, a graduate student in psychology, was diagnosed with the infection after she suffered a deep cut on May 1.

Copeland’s goal is to graduate from the University of West Georgia.

Her speedy recovery has defied doctors’ prognosis. At first they gave her slim chance of surviving.

THE ASSOCIATED PRESS

Washington state

Kangaroo escapes from private owner

Startled drivers weren’t seeing things — it really was a kangaroo hopping down the highway in Washington state.

Its owner tracked it down and caught it, with the help of friends.

He also has a zebra.

The man lives in a part of the state where it’s legal to own exotic pets.

The meandering marsupial nearly caused a couple of accidents Saturday.

Police responded, keeping the kangaroo off the road while it was tracked down.

THE ASSOCIATED PRESS

Mining. Lithium surge challenging green rules

Canada's environmental regulations have lagged behind the global rush to develop deposits of lithium, a rare metal found in the rechargeable batteries that power millions of iPads, smartphones and laptops, says a new report commissioned by Environment Canada.

The recent surge in lithium exploration, driven by a consumer electronics explosion and limited world supplies, includes several companies developing Canadian sites.

But Canada has little historical experience of lithium extraction, and existing environmental regulations are not well-tailored to the burgeoning industry.

Nanophospate lithium batteries
THE CANADIAN PRESS

Canada has just one functioning lithium operation in Manitoba, but soaring world demand for lithium, largely for use in the batteries that power electronic devices, has sent more prospectors into the field. THE CANADIAN PRESS

'Robin Hood' tax scheme gains support

Taking from the rich. Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay's Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada.

The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what's being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

"We're calling for taxing banks and financial institutions that have caused the economic crisis," Idelson said.

"This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone."

The Canadian Federation of Nurses Union's campaign in support of the Robin Hood Tax began earlier this year after its American counterpart adopted the idea following the 2008 financial crisis.

The nurses' union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn't favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations. TORSTAR NEWS SERVICE

Exxon Valdez's final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India's western coast on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India's Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska's Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated. THE ASSOCIATED PRESS

Market Minute

DOLLAR (Markets closed)

TSX (Markets closed)

OIL $83.75 US (-$1.21)

GOLD $1,597.70 (-$6.50)

Natural gas: $2,81 US (-1.7¢)
Dow Jones: 12,871.39 (-8.7)

Agency directs airlines to offer more options

Passengers on Canada's major airlines will soon have more options when their flights are overbooked, delayed or cancelled.

The decision by the Canadian Transportation Agency affects Air Canada, WestJet and Air Transat.

It says passengers should be allowed to opt for a full refund and a free trip home if a cancellation or overbooking throws a wrench into their travel plans.

Until now, airlines have had discretion over whether to grant a refund or rebook passengers.

The agency also says that in certain cases carriers must rebook passengers on the first available flight — even if that flight is with a competing airline.

The rulings are in response to complaints filed by Gábor Lukács, a Halifax resident, who has taken on the airline industry several times.

In a news release Thursday, the agency noted that in the past, when refunds were warranted, passengers were only reimbursed for the unused portion of their tickets.

The ruling makes it clear that passengers will be able to choose whether they are rebooked or get a full refund.

If they no longer want to follow through with their travel plans because of a delay or cancellation, they are entitled to be flown home free of charge — within a "reasonable time frame" — and receive a full refund on their ticket.

The new regulations do not apply to disruptions caused by bad weather or security issues.

Lukács, 29, who used to teach at the University of Manitoba, has developed a reputation as a crusader for the rights of airline passengers. THE CANADIAN PRESS

Policy changes

The agency noted that WestJet and Air Transat have made changes to their policies that meet most of the updated passenger rights.

- It is directing Air Canada to change its rules on overbooking, cancelling and delaying flights. Air Canada has until Aug. 12 to comply.
- The airlines have 30 days to appeal the new rules.

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Talk transportation with us.
The City of Vancouver is developing Transportation 2040, a plan that supports an inclusive, healthy, prosperous and livable future for Vancouver.
The plan will guide transportation decisions for how people and goods will move in and around Vancouver over the next 30 years.
It's our roadmap for a future where walking, cycling, and transit are viable first-choice options for getting around.
In June and July, we're looking for your input on our ideas before finalizing the plan later this year. Have your say about Vancouver's transportation future at talkvancouver.com
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U.S.A. VERSUS THE LAND OF 'EH'

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I'm a dual citizen of both Canada and America, so the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "USA No. 1" as they spoon-feed themselves ranch dressing. And when they do think about us Canadians they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

Duelling citizenship

"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."

And, yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle; and, yes, the names of our coins suggest badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

1 Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so, really, that's two points for Canada.

2 Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

3 In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal.

4 Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse, America?

5 Legalized same-sex marriage.

6 Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

7 Canadians were wearing plaid before it was ironic.

8 Fact: Caesar > Bloody Mary.

9 We have the most patriotic customer-loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

10 We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: a heavenly medley of cheese curds, gravy and fries. O Canada indeed.

Dressed in their 'Nunday' best

BRENDAN LANDY/LANDYPHOTO.COM

World-record attempt

Getting into the habit for a good cause

One town in southwest Ireland devoutly found a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness World Record for most "nuns" in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. MWN

Numbers in B&W

1,456

The number of people dressed up as nuns who gathered in a Gaelic football field in Listowel on Saturday. They smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

Nun the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.
- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."

Spirits, and legs, rise as "nuns" gather to set a world record.
BRENDAN LANDY/LANDYPHOTO.COM

Westside food market returns to streets of Kitsilano with local summer produce

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Forget about street meat! Sidewalk fare is about to get even better in Westside Vancouver.

Starting July 5 and lasting through the summer months, every Thursday a Kitsilano sidewalk will turn into a source of local and organic foods, fruits and veggies.

The Kitsilano Neighbourhood House and the Society Promoting Environmental Conservation are teaming up once again to put on the Westside Community Food Market.

Featuring foods grown and sold by local vendors, the market will be a great opportunity to support the community and get tips on cooking local produce.

Market organizers are still on the lookout for vendors and volunteers. Interested? Contact Oliver Lane at admin@spec.bc.ca or 604-736-7732.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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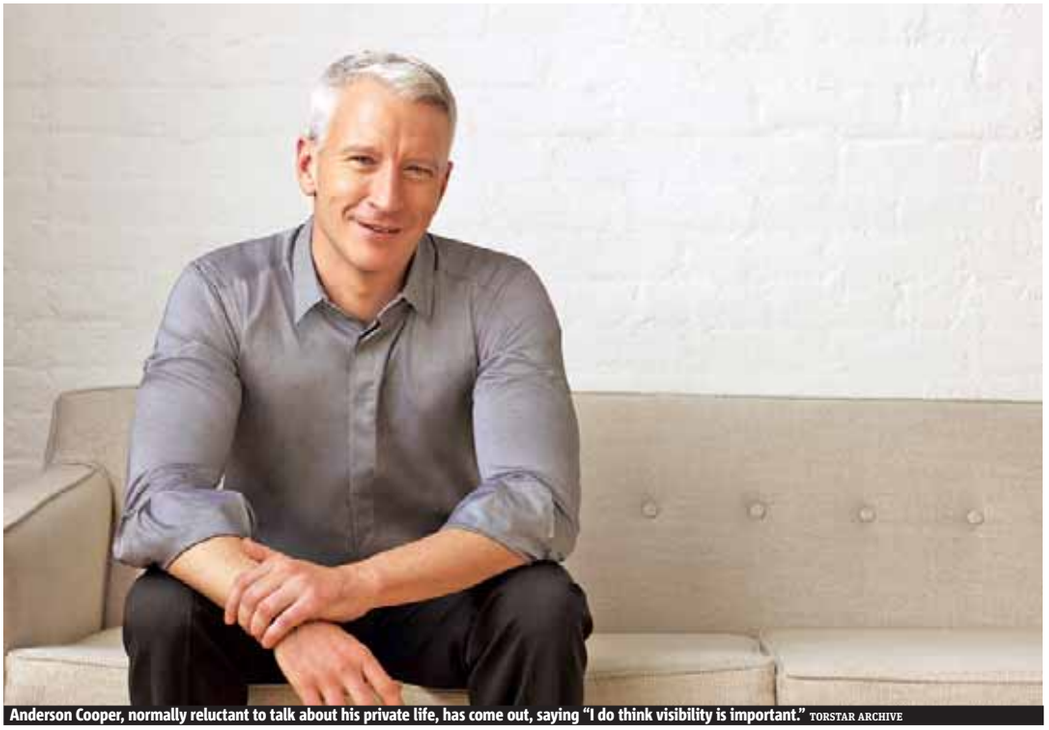

Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

Cooper: 'I'm gay'

Coming out. CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT THEDAILYBEST.COM

Action

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast.

STEVE GOW

Park Theatre
Tue-Thu 1-4-7-9:50

Scotiabank Theatre
Tue-Thu 12:30-3:40-6:50-10 3D Tue-Thu 1-4:10-7:20-10:30 Tue-Thu 1:30-4:40-7:50-11

Park & Tilford
Tue-Thu 12:20-3:30-6:50-10 3D Tue-Thu 1-4:10-7:20-10:30

SilverCity Riverport
Tue-Thu 12-12:30-3:10-3:40-6:20-6:50-9:30-10 3D Tue-Thu 1:30-4:40-7:50-11 IMAX 3D Tue-Thu 1-4:10-7:20-10:30

Dolphin Cinemas
Tue-Thu 1-4-6:45-9:30

SilverCity Metropolis
Tue-Thu 1-4:10-7:20-10:30 3D Tue-Thu 1:30-4:40-7:50-11

Station Square
Tue-Thu 4:15-7:15-10:10

SilverCity Coquitlam
Tue-Thu 12:30-1-3:40-4:10-6:50-7:20-10-10:30 3D Tue-Thu 1:15-4:25-7:35-10:55 Tue-Thu 1:30-4:40-7:50-11

Strawberry Hill Grande
Tue-Thu 1-4:10-7:20-10:30 3D Tue-Thu 1:30-4:40-7:50-11

Studio 12 Guildford
Tue-Thu 12:45-3-6:30-9:45 3D Tue-Thu 12:15-3:30-7-10:15

Colossus Langley
Tue-Thu 12-3:10-6:20-9:30 3D Tue-Thu 12:30-3:40-6:50-10

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Box office

A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with $54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with $39.2 million. The two new movies were backed by a deep bench, with Pixar Animation's Disney fairy tale Brave holding up well at No. 3 with $34 million in its second weekend. Tyler Perry's Madea's Witness Protection, the latest from the dependable breadwinner for Lionsgate Films, opened solidly at No. 4 with $26.4 million. The four movies combined to keep Hollywood in the money compared to the same weekend last year, when Transformers: Dark of the Moon launched with $97.9 million. It was an equally big weekend overseas, where two huge franchises got a head-start on their U.S. openings. The 20th Century Fox animated sequel Ice Age: Continental Drift opened with $78 million in 34 international markets, while Sony's The Amazing Spider-Man debuted with $50.2 million in 13 markets.

THE ASSOCIATED PRESS

On the web

Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So long to Scientology for Suri?

MONICA WEYMOUTH
scene@metronews.ca

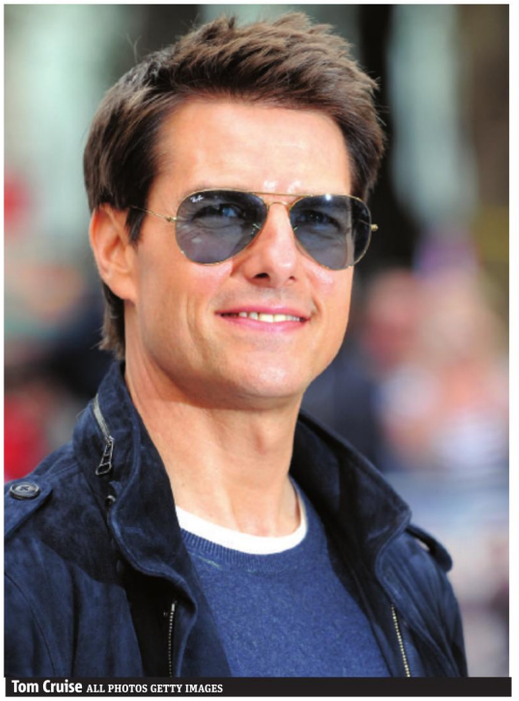
We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York. Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities, reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.



Tom Cruise ALL PHOTOS GETTY IMAGES

33 shades of bizarre: Cruise playing numbers game with nuptials?

The next dame Cruise decides to date might want to double-check her birth certificate.

The web was crazier than a Thetan gone mad this weekend over the impending divorce of Tom Cruise and Katie Holmes, but PerezHilton.com picked up on a particularly odd pattern in Tom Cruise's romantic history.

"All three of Tom Cruise's marriages have ended when the wives were 33.

He wed MiMi Rogers in May of 1987, but they broke up in 1990… when she was 33.

Then he moved on with Nicole Kidman. They were happy for 10 years but guess what! They split when she was 33 too! And now, just a day after her divorce announcement, Katie Holmes has 33 years under her belt. Katie collects 3 million for each year of marriage, up to a maximum of 11 years, equaling $33M (we're back to that 33 numerology again)."

Matthew's thong song: 'It's a huge leap of faith'

The Hollywood Reporter scored some nice, thong-related quotes from the stars of Magic Mike, the male stripper movie that was hot at the U.S. box office this past weekend.

"It's a huge leap of faith to trust a thong," Matthew McConaughey told the publication. "It's your only protection up on stage. When I first tried it on, my body contorted. And I tried to get myself into every position to see what angles I was covering."

"Sometimes a thong completely betrays you," added Channing Tatum, who based the movie on his life. "(But) if everyone is dressed in a thong pretty much any conversation is going to be funny … It's only weird if you make it weird."

Matthew McConaughey

"IT'S THE BEST SPIDER-MAN YET.
A BRILLIANT REIMAGINING
OF AN EPIC FRANCHISE.
I CAN'T WAIT TO SEE IT AGAIN."
MARLOW STERN
Newsweek
THE AMAZING SPIDER-MAN
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Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA MCGUINNESS**

First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."

Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

RICHARD PECKETT
richard.peckett@metro.lu

DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3.30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."

THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

BODY MAINTENANCE

"It's pretty basic. In the morning, I'll have some porridge and some fruit. If I'm still hungry, some toast. For lunch it's carbohydrates and protein and for dinner, white meat (fish) and vegetables. The absolute no-no before the Games are takeaways and heavy nights out."

3 LIFE

Fitness pick

Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatics dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. METRO

On the Web

Addressing mental health issues key when treating obesity, experts say

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Ready to hit the road? ISTOCK IMAGES

Get outta your dreams, get into your used car

Previously loved wheels. Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the winners came from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Here are some of the major category winners for the years 2005 to 2010:

New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

-Compact sedan: Hyundai Elantra
-Mid-size sedan: Nissan Altima
-Large sedan: Hyundai Azera
-Wagon: Pontiac Vibe
-Compact SUV\Crossover: Honda CR-V
-Minivan/Van: Honda Odyssey
-Compact Truck: Toyota Tacoma
-Hybrid: Toyota Prius

You can find all the category results with notes about the models at edmunds.com/car-reviews/best-used-cars.html.

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no down payment then you could easily have higher monthly payments buying used.

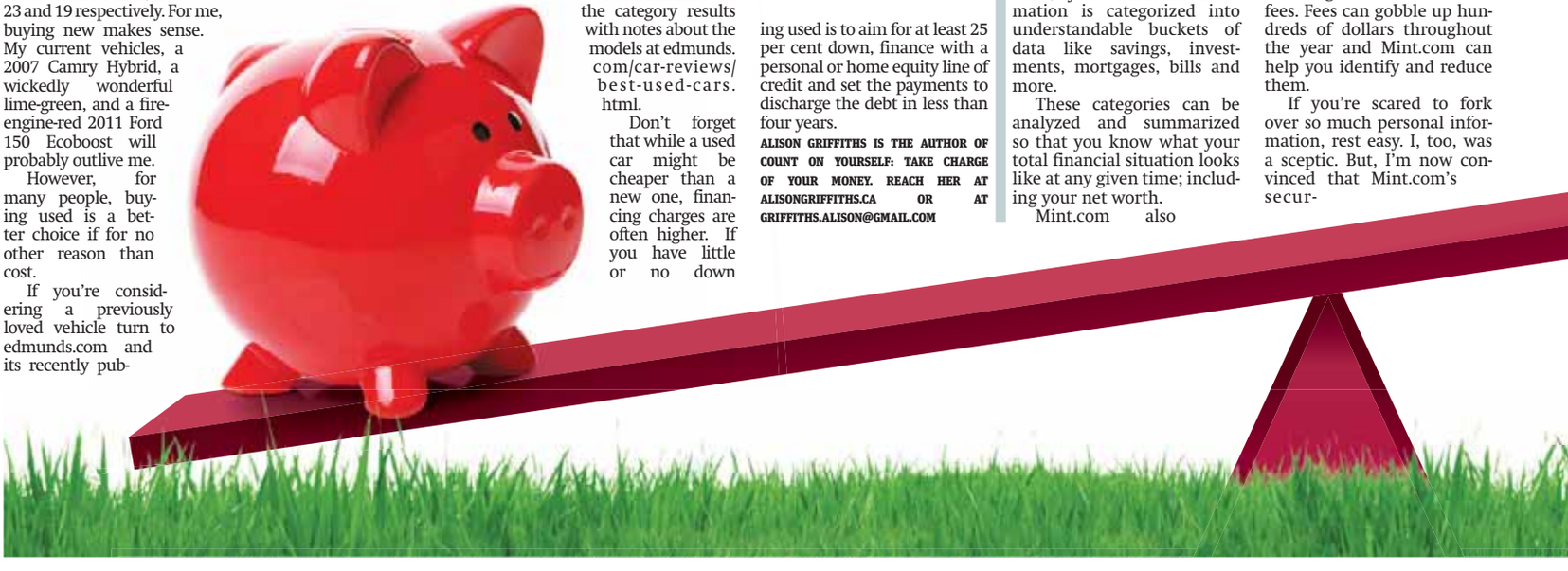
Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

Alison's money rule

"Used cars can be better than new with a big down payment and a little research."

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM



When it comes to money, track it or lose it, baby

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

According to H&R Block and Canada Revenue Agency last week, most Canadians filed their taxes by April 30 and now have their refunds, which averaged $1,600. Many will use it to save or pay off debt while others will blow it on fun and frivolous items or upcoming summer holidays.

Do you have a plan for your tax return? Have you written it down on Post-it notes, a spreadsheet, built a budget, or made mental notes?

Through Mint.com, tracking your money, including tax refunds, is about to get way easier; no more wading through piles of statements or sorting through overly complex budgeting templates.

After a quick five minute sign-up process, Mint.com securely pulls all your financial accounts, from multiple institutions, into one place. Using their proprietary software, your financial information is categorized into understandable buckets of data like savings, investments, mortgages, bills and more.

These categories can be analyzed and summarized so that you know what your total financial situation looks like at any given time; including your net worth.

Mint.com also makes budgeting a synch. It automatically calculates your average spending in any category which allows users to create a realistic budget that is based on historical spending.

Once your budget is established, you can set goals to reduce unnecessary spending and support your larger financial plans for retirement, family, career and education. The investment tracking piece of the website allows you to compare how your portfolio is performing relative to various benchmarks. Mint.com also offers free tips to help build your bottom line.

If there looks to be something suspicious happening in your account or if you're dangerously close to blowing your budget in a particular category, you'll be notified. You can set up customized notifications such as bill due date reminders or credit availability. These alerts allow you to avoid fees and protect your credit score.

One of my favourite parts about Mint.com is the summary of fees within your various accounts; ATM, account, brokerage, and investment fees. Fees can gobble up hundreds of dollars throughout the year and Mint.com can help you identify and reduce them.

If you're scared to fork over so much personal information, rest easy. I, too, was a sceptic. But, I'm now convinced that Mint.com's secur-

Websites and apps can help you know what happens to those 'lost' dollars and cents. ISTOCK IMAGES

Take the reins

"Tracking your financial progress and having financial goals is powerful and financially lucrative."

ity system is as good as any major bank. Plus, it's essentially a "read-only" service so no one can move money in or out of your accounts.

The best part about Mint.com is that it's free. Plus, using your mobile app, you can track your money on the go.

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[1]Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

Delicious flavours of a Cobb Salad all healthily wrapped up

This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN

ROSE REISMAN
for more, visit
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed it into a wrap.

Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

3. Spread one-half of each of the tortillas with some of the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

Health Solutions

Three small, sneaky super boosters

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

Cocoa nibs

Tastes like:
Bitter, crunchy chocolate chips

Good for:
- High in antioxidants
- Contains potassium and magnesium (two nutrients often missing from processed food)

How to use:
Add to yogurt, baking, salads

Chia seeds

Tastes like:
No taste, texture only

Good for:
- Excellent fibre (soluble and insoluble)
- High in trace minerals

How to use:
Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

Hemp seeds

Tastes like:
Sunflower seeds

Good for:
- High in plant source protein
- Contains good fat GLA needed to make hormones

How to use:
Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Don't expect five-star service from a diner

Good service can make eating out a joy. ISTOCK IMAGES

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

Dear Charles the Butler,
I'm very frustrated when I go out to eat in public restaurants and the service staff are poorly trained and often either don't know what they are doing or don't care. I feel that when I go out and spend my hard-earned money in a restaurant, that good service is part of the overall experience and the reason you go out to eat.
What do you think?
Signed, Desperate for good service

Dear Desperate for good service,

I fully understand your desire for good service! In fact excellent service makes such an impression, that restauranteurs who have figured this out often do much better with their bottom line than restaurants who either don't train their staff properly or pay poor attention to this important detail. But I also think that there are different levels of service and that we should set our expectations accordingly. I would expect to go to a fast food restaurant and experience pleasant, polite and efficient service but nothing else.

I expect a higher level of knowledge and service in a more expensive restaurant. For me poor service is the most annoying. I am especially annoyed by a waiter who thinks it's necessary to be my best friend while at the table. I have no desire to be their buddy and I just want them to serve the meal properly and allow me to enjoy the company of those I am dining with!

Tour de France rolls through Belgium

The peloton rides through the countryside in Vise, Belgium, on Monday during Stage 2 of the 2012 Tour de France. Mark Cavendish led a bunch-sprint finish Monday to win the stage, while Fabian Cancellara retained the yellow jersey after the mostly flat ride. Victoria's Ryder Hesjedal finished 49th in the stage and remained 10th overall, 18 seconds behind Cancellara. DOUG PENSINGER/GETTY IMAGES

Garrison passes on bigger bucks to play at home

NHL. Blue-liner joins Canucks with six-year contract in tow

The chance to play at home was too good for Jason Garrison to pass up.

The new Vancouver Canucks defenceman had a chance to sign for bigger dollars elsewhere, but he opted to join the NHL club that he grew up watching instead.

"I don't think you should take anything for granted," Garrison said Monday on a conference call. "I really look forward to playing in Vancouver. That's where I'm from, and it's definitely something I'm really excited about, and I can't wait for it to start."

Garrison was speaking a day after the Canucks signed the former Florida Panther to a six-year contract worth an average of $4.6 million US per season. Garrison hails from White Rock and he joins the Canucks after four seasons with the Panthers organization, where he emerged as a 23-minutes-per-game defenceman.

Garrison, 27, recorded 16 goals — a new Panthers club record for defencemen — and 17 assists for 33 points in 77 games with Florida last season. He also compiled a modest 32 penalty minutes.

The six-foot-two, 220-pound former University of Minnesota-Duluth rearguard added a goal and two assists in the playoffs.

General manager Mike Gillis has indicated Garrison's deal was less than he could have earned elsewhere. Garrison said he had a handful of offers.

"Financially, that part of it was never going to be my No. 1 thing. I think fit and being on a winning team was the most important. They've got very strong goaltending and, on the defensive part of things, they have, I think, a lot of good two-way players."

THE CANADIAN PRESS

Jason Garrison signed a six-year contract with the Vancouver Canucks.
JONATHAN DANIEL/GETTY IMAGES FILE

Wimbledon. Sharapova overpowered by Lisicki

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

Yaroslava Shvedova gave 13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will next face Kvitova, who came back to beat Francesca Schiavone 4-6, 7-5, 6-1. THE ASSOCIATED PRESS

Maria Sharapova, above, lost to Sabine Lisicki 6-4, 6-3 on Monday.
SANG TAN/THE ASSOCIATED PRESS

NHL

Torres ban cut by four games

Seventy-six days after Raffi Torres concussed Marian Hossa and 46 days after he appealed the 25-game suspension that followed, the Phoenix Coyotes forward was awarded a reduced sentence.

NHL commissioner Gary Bettman deemed Torres' hit to be worth four less games than disciplinarian Brendan Shanahan after an appeal.

Torres already served 13 games of the suspension during the playoffs. He still has to sit out the coming pre-season as well as eight regular-season games.

THE CANADIAN PRESS

NHL. Parise and Suter put signings on hold

Zach Parise needed more than 24 hours to choose which hockey team to make happy.

"I'm getting closer but haven't made a decision," Parise told reporters Monday in Mississauga, Ont., according to The Canadian Press. "I haven't set any deadlines."

New Jersey is hoping to keep Parise, who became a free agent Sunday when he didn't re-sign with the Devils. Pittsburgh, Detroit, Minnesota and Nashville are among the teams trying to lure him away from the only team he has played for in his NHL career.

Defenceman Ryan Suter, also considered a prized catch in the market, also wanted more than a day to pick a place to play. THE ASSOCIATED PRESS

Key signings

Though there weren't too many transactions Monday, signings included:

- **Martin Brodeur.** Two-year contract with New Jersey worth $9 million US.
- **Olli Jokinen.** Two-year deal with Winnipeg worth $9 million.

4 SPORTS

Horse racing

Prominent jockey returns to Vancouver track

Jockey Mario Gutierrez returned to ride again Monday at the little track where his unsung career began. The two stakes races at Hastings Racecourse were the first for Gutierrez at the Vancouver track since he was denied a chance at the Triple Crown when Canadian-owned I'll Have Another was forced to withdraw from the Belmont Stakes due to a career-ending leg injury. Gutierrez had raced the horse to victories in both the Kentucky Derby and Preakness. "It's such a great feeling to come back," Gutierrez told The Canadian Press. "Many people think I'm crazy or wrong."

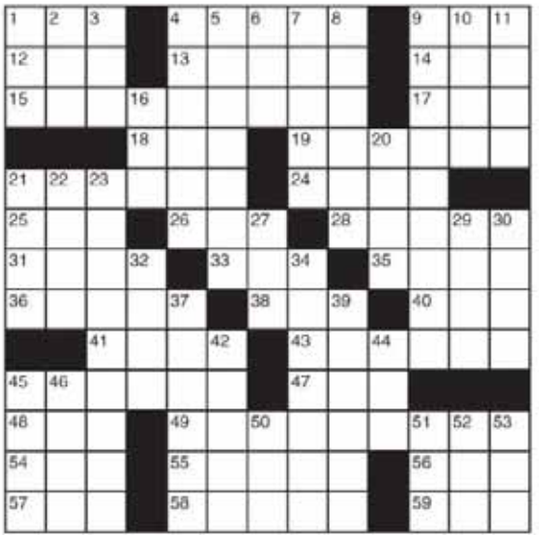
THE CANADIAN PRESS

Mobile news

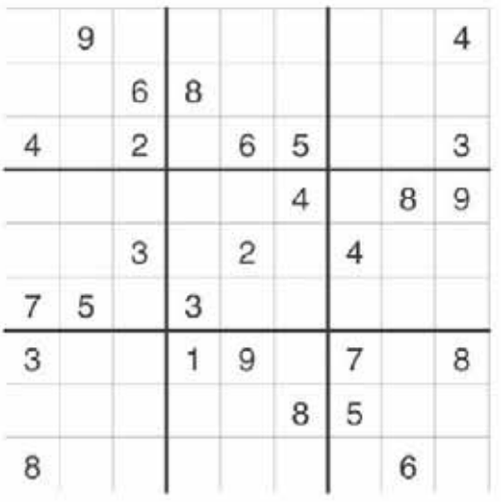
Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.

Across
1 Take the prize
4 Conversations
9 Gear tooth
12 Hubbub
13 Embankment
14 Mine matter
15 Obese
17 Hastened
18 Choice (Abbr.)
19 Fastener shot from a gun
21 On top of the world?
24 Ticklish Muppet
25 Bill and —
26 Kvetch
28 Bizarre
31 Throw hard
33 Pitch
35 Red-tag event
36 Washington Nationals, once
38 Jewel
40 Aviv preceder
41 Curved molding
43 Antics
45 Seoul man?
47 Call-day link
48 Lawyers' org.
49 Blood cell
54 Up to
55 Yellow-brown color
56 Plead
57 41-Across' shape
58 "— Line Is It Anyway?"
59 Droop

Down
1 Servicewoman
2 "— not choose to run"
3 Neither partner
4 Tip off
5 Witch
6 St.
7 Nervous
8 Make a compromise
9 Related to big business
10 Verbal
11 Kelly or Hackman
16 Calif. winter hrs.
20 Iowa city
21 Liniment target
22 Sauce thickener
23 Sarges' subordinates
27 Joke
29 Robert of "The Sopranos"
30 Morays
32 Theater box
34 Cookbook collection
37 Dugong
39 Ripen
42 Tennyson's "— Arden"
44 Faux —
45 Shakespeare's shrew
46 Kimono sashes
50 Pi follower
51 Couric's network
52 Meadow
53 Early bird?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's Sudoku

6	7	2	4	8	9	5	3	1
1	5	9	7	3	2	8	6	4
8	4	3	1	5	6	7	9	2
2	8	1	5	4	3	6	7	9
7	3	5	9	6	1	4	2	8
4	9	6	2	7	8	3	1	5
3	1	8	6	9	4	2	5	7
9	6	7	8	2	5	1	4	3
5	2	4	3	1	7	9	8	6

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV IKAFXK NHVLYD, DCH XELNP GHJJCGK NEG MFZCYEPK MCCQ SFG F IHYY-EPC.

Yesterday's Cryptoquip: WHEN PEOPLE HAVE TO TRIM DOWN A FEW ENVELOPES, COULD THEY USE A PAIR OF MAIL CLIPPERS?

Today's Cryptoquip Clue: F equals A

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

Taurus | April 21 - May 21. The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

Gemini | May 22 - June 20. Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

Cancer | June 21 - July 22. Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

Leo | July 23 - Aug. 22. The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

Virgo | Aug. 23 - Sept. 22. As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

Libra | Sept. 23 - Oct. 22. Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

Scorpio | Oct. 23 - Nov. 21. Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

Sagittarius | Nov. 22 - Dec. 21. Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

Capricorn | Dec. 22 - Jan 20. New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

Aquarius | Jan. 21 - Feb 18. The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

Pisces | Feb. 19 - March 20. Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON

Caption Contest

"Rare ... well done .... and cordon bleu?"
David
THE ASSOCIATED PRESS

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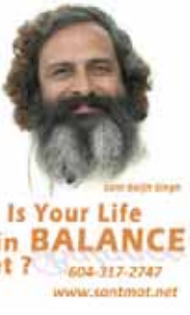
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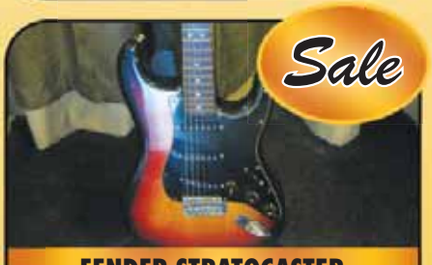

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